



2013 WINTER / SPRING BROCHURE



Children • Youth • Teens • Adults • Seniors • Special Events

new year's needham

*Your \$5 Button
Admits you to
ALL Performances!*

December 31, 2012 ★ 10:00 AM - 12:00 AM

Art, Music, Dance, Magic!!

Over 30 performances at 10 venues for All Ages!

BUY YOUR' NYN '13 BUTTONS AT : the Park and Recreation Office, the Town Manager/ Selectmen's Office, Senior Center, Needham Public Library, Perennial Designs, Taylor's Stationery, Sudbury Farms* and Roche Bros.* Supermarkets
(*Needham Locations Only)

Contact info@newyearsneedham.org for more information.

Register ONLINE!!

DECEMBER 11, 2012

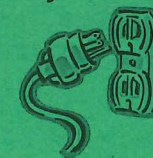


NEEDHAM UNPLUGGED 2013

The 2013 version of Needham Unplugged will continue again this year with a **NO HOMEWORK/ NO SPORTS NIGHT** for Needham Public School students and **NO MEETING NIGHT** for adults on:

THURSDAY, MARCH 21, 2013

Needham Unplugged is an awareness campaign sponsored by the Needham Park and Recreation Commission, Needham Youth Services, and the Charles River YMCA to remind Needham families and residents to unplug their electronics.



Welcome to Winter/Spring

An invitation to people of all abilities

People of all abilities are encouraged to participate in the programs and services provided by the Needham Park and Recreation Commission. Every effort is made to integrate participants with disabilities into the programs allowing for a successful recreational experience.

Please contact the Park and Recreation office for more information.

Are you receiving updates through "Notify Me"?

Notify Me is a notification system that will send you an automatic e-mail or text message when new information is posted on the Town of Needham website, job listings, field conditions, emergency information and all other town news!

For Park and Recreation Program Updates, Trails Information or Field Status Updates, just go to www.needhamma.gov. Click on the box reading NOTIFY ME on the bottom left of the page, Enter your e-mail address or cell phone number (for Text Messages), Select box for any of the lists posted which interest you then Click the SUBSCRIBE button.

Once you are in the system, you will receive up to date notifications right to your computer or mobile device!

No access to the web? Call the Community Information Line, (781) 444-7212.

Register ONLINE!!

DECEMBER 11, 2012



Park & Recreation Commission

Michael J. Retzky, Chairman
Cynthia J. Chaston, Vice-Chairman
David C. DiCicco
Thomas M. Jacob
Andrea L. Shorthose

Director - Patty Carey
Assistant Director - Karen Peirce
Recreation Supervisor - Nicole DiCicco
Administrative Specialist - Cassandra Halloran

The Park and Recreation Commission meets
the 2nd and 4th Monday of each month.

Commission Office

Public Services Administration
Building (PSAB)
500 Dedham Ave.
Needham, MA 02492

Telephone

(781) 455-7550, press 3
(781) 444-7212 (Recording Line)

Office Hours

8:30 am - 5:00 pm
Monday - Friday

Special thanks to Recreation Supervisor, Nicole DiCicco
for the 2013 Winter/ Spring Brochure cover design.



COMING IN EARLY 2013!!!

13TH ANNUAL FISHING DERBY

Saturday, May 4, 2013

(Rain date: Saturday, May 11)

9:00am—Noon

Needham Reservoir



Limited number of fishing rods will be available
to borrow. Bait will be available.

This FREE event is made possible by:

Needham Park and Recreation Commission
Mass. Wildlife - Newton Workshop Group
Mass. Division of Fisheries and Wildlife
And many wonderful volunteers!



How to Register: ONLINE (PREFERRED METHOD),

By Mail OR In Person at the Park and Recreation Office

(Public Services Administration Building (PSAB), 500 Dedham Avenue)

TOUCH THE TRUCKS

Celebrate National Public Works Week!

Saturday, May 18, 2013

Drop by anytime between 10:00am and Noon
at the DeFazio Park Parking Lot
(next to the Tot Lot) on Dedham Avenue

Little kids and "big kids" will enjoy a
morning of fun behind the wheel of
big rigs, front end loaders and pick-up trucks!



FREE admission to this Fun Family event is sponsored by:
The Department of Public Works and the
Park and Recreation Commission.

WINTER/ SPRING REGISTRATION BEGINS

Tuesday, December 11, 2012 @ 9 AM

Online...or...Mail-In*...or...In Person*

Park and Recreation does not accept registrations by phone or fax.

* Scholarships may only be processed by mail or in person, at this time.
Credits may now be used on-line.

There are no guarantees for any method of registration, so choose the method most comfortable to you. Remember to put your name on the wait list if a space is not available – no payment is collected for space on wait list.

Online Registration:

Begins at 9 AM on Tuesday, December 11, 2012.

www.needhamma.gov Choose "Park and Recreation On-Line Registration" under "For Residents."

Create an on-line account so that information is saved, credits may be used, and information can be reviewed.

Follow steps to register all family members, and print-out receipt at end of registration process.

Mail-In Registration:

Complete form and mail to:

Registration – Park and Recreation
500 Dedham Avenue
Needham, MA 02492

Forms will be processed, in random order, starting at 9 AM on December 11, 2012

In Person Registration:

Begins at 9 AM on Tuesday, December 11, 2012

Continues during office hours

All programs are offered to Needham residents on a first come-first served basis, including students in the Needham Public Schools' METCO program.



REGISTRATION POLICIES

Please read carefully...

Registration Limits

See individual program descriptions for specific limits and staff/participant ratios. The Commission reserves the right to cancel classes when registration numbers are too low.

Non-Residents

May register the Wednesday before a program begins, if space is available, unless otherwise noted in brochure.

Age of Participants/ Birth Certificates

Must be noted age by first day of session. **All children, ages 5 and under, must have a birth certificate registered...** this is a one-time only requirement. Mail a copy or bring one by – it will be given right back to you. Registrations are not complete without a registered birth certificate. *If you were living in Needham when the child was born, copies are available at the Needham Town Clerk's Office in Town Hall.*

Changes to Registration

Call (781) 455-7550, press 3. Messages can be left when office is closed. If space is available, changes will be made. Additional payments may be required if fees are different, due within time required by office. Credits will be given to family account when fee is less than original payment.

Credits/ Refunds

The Commission has a NO REFUND policy, unless the program is cancelled or there are special circumstances. In most cases, CREDITS are given and do not expire. All requests need to be submitted to Park and Recreation IN WRITING to 500 Dedham Avenue, Needham, MA 02492 or to pcarey@needhamma.gov

Financial Assistance/ Scholarship

Available to Needham residents, only. Call (781) 455-7550, press 3 for more information. *Register in person or by mail.*

Special Needs Programming

Call (781) 455-7550, press 3 for questions about integration.

Contact *The Charles River Center* for specialized programming for all ages at (781) 972-1018.

Trust Fund for Parks

Make a donation on your registration form or write a separate check in honor of your favorite park. All gifts will be placed in the Trust Fund for Parks, and will be used for park improvements. Call (781) 455-7550, press 3 for more details.

ITSY BITSY ARTS

Come and join the fun in this creative workshop geared to the abilities of young boys and girls to glue, paint, cut, sprinkle and create! Each week we will tap into your child's artistic talent to produce a fun project together using a variety of different art mediums!

ALL participants are required to attend with an adult helper.

Age: 3 to 5 year olds (Birth Certificate Required for ALL Registrations)
Day: Fridays
Time: 10:00—10:45am
Session: January 11—March 8
Location: Linden Chambers Community Room
Limit/ Ratio: 10 participants with adult helpers (minimum of 5) : 1 instructor
On Reg. Form: List *Itsy Bitsy Arts*
FEE: \$60/ eight week session



DOWN ON THE FARM

Discover what is happening at the Needham Community Farm! You and your child will participate in hands-on farm related activities including learning about plants, seeds and different types of soils. Enjoy learning about the farm through stories, songs and age appropriate activities. Get dirty, meet new friends and have a great time experiencing the beautiful outdoors!

Age: 3 to 5 year olds (Birth Certificate required for ALL Registrations)
Day: Tuesdays
Time: 3:00—3:45pm
Session: April 23—May 28
Location: Needham Community Farm
Limit/ Ratio: 8 participants (minimum 6) for a ratio of 8 : 1
On Reg. Form: List *Down on the Farm*
FEE: \$50/ six week session



BALLET

An introduction to classical ballet program for petite ballerinas and danseurs! Traditional work at the barre, center floor practice and across the floor techniques will be covered. Learn how to tendu, chassé and plié in a fun, low key environment!

Age: 4 to 7 year olds (Birth Certificate Required for ALL 4 & 5 year olds)
Day: Thursdays
Time: 4:00—5:00pm
Sessions: WINTER: January 10—March 7
 SPRING: March 21—May 16
Location: Eliot School Performance Center
Limit/ Ratio: 16 participants/session (minimum of 6) : 2 instructors
On Reg. Form: List *Ballet AND Session*
FEE: \$60/ eight week session



KIDS NIGHT OUT

ATTENTION PARENTS, give yourself the night off and treat your child to a supervised night out of fun and interactive games, craft projects, a pizza dinner, dessert *AND* a full length children's film!!

PJ's, stuffed animals and sleeping bags are welcome but not required!

Age: 3 to 10 year olds (Birth Certificate Required for ALL 3, 4 & 5 year olds)
Day: Fridays
Time: 5:30—9:00pm
Location: Public Services Administration Building (PSAB)
Limit/ Ratio: 30 participants/ session (minimum of 12) : 6 instructors
On Reg. Form: List *Kids Night Out AND Session/ Movie Choice*
FEE: \$16/ child per night



SESSIONS:

JANUARY 11
 FEBRUARY 8
 MARCH 8
 APRIL 12

MOVIES:

Madagascar 3 : Europe's Most Wanted (PG)
BRAVE (PG)
HOP (PG)
The Odd Life of Timothy Green (PG)



OWL PROWL

Learn the strange and surprising sounds of nocturnal creatures and take a moonlit walk to explore and identify nocturnal wildlife as it awakens! WHOO, who or what will we find? We'll use our best night vision skills as we walk and listen to calls of multiple species of owls and will learn more about each species, as well as interesting facts and information about any other nighttime wildlife that is discovered! PLEASE NOTE: *There is no school for Needham Public School students on days following each session.*

Age: Families with Children ages 7 years old and up
Time: 8:00—9:00pm
Sessions: A: Wednesday, February 20 @ Rosemary Lake Trail
 B: Thursday, March 28 @ Eastman Conservation Area at Newman School
 C: Thursday, April 25 @ Ridge Hill Trail
Limit/ Ratio: 15 participants (minimum 8) for a ratio of 8 : 1
On Reg. Form: List *Owl Prowl AND Session(s)*
FEE: FREE (Pre-registration is Required)



Check out all of our fun

**FEBRUARY SCHOOL VACATION
 WEEK PROGRAMS**

on PAGES 14 & 15!!



ICE SKATING LESSONS

Review the detailed level descriptions and times below and choose appropriately for your child's current ice skating ability.

All five year olds **MUST** register for Penguins Level unless they received a passing progress report in the Fall 2012 session. Five year olds in the Penguin level can be moved to a different level after being evaluated in the first week, if appropriate.

On the first day of lessons, children will be sorted into small groups, within their class level and time, by ice skating ability.

Age: **5 years and older** (Birth Certificate Required for ALL 5 year olds)
 Days: **TUESDAYS AND THURSDAYS**
 Session: **FEBRUARY 26—MARCH 14**
 Location: St. Sebastian's Country Day School Rink
 Limit: 15 participants for Penguins and Snow Leopards
 20 participants for Snowy Owls and Polar Bears
 Equipment: Single blade skates and helmets required. (No rentals available.)
 Gloves and warm, layered clothing recommended.
 On Reg. Form: List Level (Penguins/ Snow Leopards/ Snowy Owls/ Polar Bears) AND Time
 FEE: **\$42/ three week session (6 classes)**



LEVELS & TIMES

PENGUINS: 3:30 - 4:00 OR 4:00 - 4:30 OR 4:30 - 5:00

Figure Skates OR Hockey Skates

- ♦ Has never skated before and/ or needs assistance standing and moving on skates.
- ♦ ALL five year olds must register for Penguins- Unless a passing progress report is on file in the Park & Recreation Office from the Fall 2012 session.
- ♦ Ratio—6 participants : 1 instructor

SNOW LEOPARDS: 3:30 - 4:15 OR 4:15 - 5:00

Figure Skates OR Hockey Skates

- ♦ Consistent, basic skating skills: can stand on skates, fall and get up, forward march and glide.
- ♦ Will work on refining basic skills, snow plow stop, gaining confidence and speed.
- ♦ Ratio—6 participants : 1 instructor

SNOWY OWLS: 4:15 - 5:00

Figure Skates ONLY

- ♦ Refined, confident figure skating skills: can glide forward and backward, perform sculling, and perform proper stops.
- ♦ Will work on turns, crossovers, one-footed skills, spins and jumps.
- ♦ Ratio—10 participants : 1 instructor

POLAR BEARS: 4:15 - 5:00

Hockey Skates ONLY

- ♦ Refined, confident hockey skills: can glide forward and backward, perform sculling and stop in hockey skates.
- ♦ Will work on different stops, turns, crossovers, edges and increase speed.
- ♦ Ratio—10 participants : 1 instructor



NASHOBA VALLEY SKI & SNOWBOARD LESSONS

This program is printed in our Fall brochure each year, and registration begins with all the other Fall programs in September.

AT THE TIME THIS BROCHURE WENT TO PRINT, OUR NASHOBA VALLEY PROGRAM HAD 8 SPACES LEFT

Deadline for Registration is WEDNESDAY, DECEMBER 12

Don't miss out...REGISTER NOW!!

Register ONLINE!!

DECEMBER 11, 2012



NEEDHAM BEAUTIFICATION TOWN-WIDE CLEAN-UP DAY!

SATURDAY, APRIL 27, 2013

8:30—11:00am



ALL AGES! (Youth Under 12 must be accompanied by an adult)

RAIN OR SHINE!!

CHECK-IN at the Public Services Administration Building (PSAB) Parking Lot BETWEEN 8:30 and 9:00am, on SATURDAY, APRIL 27th to receive your clean-up site location and trash bags. Clean-up will end by 11:00am.

Join us and other Needham Residents in spending a few hours making Needham Beautiful!

HOW TO REGISTER:

ONLINE (PREFERRED METHOD), By Mail OR In Person at the Park and Recreation Office

PROGRAM REGISTRATION FORM

OR Register On-Line instead at <http://www.activityreg.com>, just Click MA, then Needham Park and Recreation!



**** SEE REGISTRATION POLICIES ON PAGES 4 & 5 OF BROCHURE!! ****

PLEASE PRINT CLEARLY, IN BLUE OR BLACK INK!

Your Name: _____ Date: ____ / ____ / ____
Address: _____ TOWN _____ STATE/ZIP _____
Home Phone: (____) _____ Work Phone: (____) _____ Cell Phone: (____) _____
E-Mail Address: _____
Emergency Contact: _____ (____) _____ PHONE _____
FULL NAME and RELATION _____

PROGRAM CHOICES

PARTICIPANT'S NAME (First AND Last Name Please)	SESSION/ WEEK #	TIME/DAY	LEVEL If Applicable	BIRTH DATE * Required	FEE
				____ / ____ / ____	
Allergies/ Medical Concerns:					
Allergies/ Medical Concerns:					
Allergies/ Medical Concerns:					
Allergies/ Medical Concerns:					
Allergies/ Medical Concerns:					

DONATION TO TRUST FUND FOR PARKS (optional) \$
TOTAL FEE \$

PLEASE NOTE: For ALL programs, participants MUST be appropriate age by the first day of program/session.

*If your child is 5 years old, or younger, is their Birth Certificate registered at Park & Recreation Office?

____ Yes ____ No, but will be within 3 days. (Remember, registrations are not complete without a registered Birth Certificate!)

(THIS AREA FOR MAILED REGISTRATIONS ONLY)

Payment must accompany completed, mailed-in registration form in order to be processed.

Method of Payment:

☐ Check- Make payable to TOWN OF NEEDHAM - Park & Recreation

☐ Cash or Money Order

☐ Credit Card- (Please circle one) VISA MasterCard Discover

Credit Card Number:

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CVC Code: (on back of card)

--	--	--	--	--

Expiration Date:

--	--	--	--	--	--	--	--	--	--

Credit Card Holder's Signature: _____

MAIL TO:

Registration

Park & Recreation
500 Dedham Avenue
Needham, MA
02492

FAXING YOUR
REGISTRATION IS
NOT AN OPTION,
PLEASE DO NOT FAX!!

NEEDHAM PUBLIC TENNIS COURT BADGES for the 2013 SEASON will go on sale starting **FRIDAY, MARCH 1, 2013!!**

Badges are required for ALL public court use at Mills Field, Newman School and Needham High School Tennis Courts beginning March 1 through October 31 each year, and are available to NEEDHAM RESIDENTS, ages 8 and older.

(Needham business, non-resident, employees should call (781) 455-7550, press 3 for more information about employee badges.)

Visit www.needhamma.gov/parkandrecreation for details on 2013 Rates and how you can purchase your badges!

PARK & RECREATION SUMMER VOLUNTEER PROGRAM A STEP IN A NEW DIRECTION

Youth ages 11 and up are welcome to register to assist staff at the Park and Recreation Summer Programs and Swim Lessons at Rosemary Pool.

**Volunteer registration booklets will be available beginning
MONDAY, APRIL 1, 2013**

Volunteer registration information booklets can be picked up at the Park and Recreation Office at 500 Dedham Avenue **OR** downloaded online at www.needhamma.gov/parkandrecreation

(Needham High School students wishing to receive community service credit must also receive pre-approval from Mrs. Ayoub at the High School PRIOR to the summer in order to receive Community Classroom Credit.)

Over 200 youth participated in the volunteer program in 2012, providing more than 5,000 hours of service!!

*Give back to your community, learn something new, meet new friends, gain experience working with children, discover something about yourself...
VOLUNTEER!!!*

NEEDHAM GOLF CLUB : PUBLIC GOLF HOURS

The Needham Golf Club has public golf hours (for Needham residents only) on Sundays and Mondays from 3:00pm to closing and Tuesdays from 8:00am to closing. Please call the Golf Club at (781) 444-5548, or visit www.needhamgolfclub.com for more detailed visitor information.



QUICKSTART TENNIS LESSONS

Quickstart Tennis is an exciting new play format designed to bring children into the game by utilizing special equipment, and a court with dimensions tailored to age and size. **Racquet required!**

Age: 5 to 7 year olds (Birth Certificate Required for ALL 5 year olds)

INDOOR Quickstart Tennis Lessons

Session 1: January 9—February 6

Session 2: February 27—March 27

Day: Wednesdays

Time: 6:00—7:00pm

Location: Pollard Middle School Gym

Limit/ Ratio: 15 participants/ session (minimum of 5) : 4 instructors



OUTDOOR Quickstart Tennis Lessons

Session 3: April 27—June 1

Day: Saturdays

Times: 9:00—10:00am **OR** 10:00—11:00am **OR** 11:00am—12:00pm

Session 4: May 8—June 5

Day: Wednesdays

Times: 6:00—7:00pm **OR** 7:00—8:00pm

Location: Pollard Middle School Quickstart Tennis Courts

Limit/ Ratio: 20 participants/ session (minimum of 5) : 4 instructors



On Reg. Form: List *Quickstart Tennis Lessons*, SESSION(S) **AND** Time(s)

FEE: \$60/ five week session

JUNIOR TENNIS LESSONS

Junior Tennis covers the basic aspects of the sport including skill evaluation, forehand, backhand, serve, volley, overhead and strategy. **Racquet required!**

Age: 8 to 13 year olds

INDOOR Junior Tennis Lessons

Session A: January 9—February 6

Session B: February 27—March 27

Day: Wednesdays

Times: 7:00—8:00pm **OR** 8:00—9:00pm

Location: Pollard Middle School Gym

Limit/ Ratio: 10 participants/ session (minimum of 5) : 2 instructors



OUTDOOR Junior Tennis Lessons

Sessions C: April 27—June 1

Day: Saturdays

Times: 9:00—10:00am **OR** 10:00—11:00am **OR** 11:00—12:00pm

Location: Needham High School Tennis Courts

Session D: May 8—June 5

Day: Wednesdays

Times: 6:00—7:00pm **OR** 7:00—8:00pm

Location: Newman School Tennis Courts

Limit/ Ratio: 10 participants/ session (minimum of 5) : 2 instructors



On Reg. Form: List *Junior Tennis Lessons*, SESSION(S) **AND** Time(s)

FEE: \$60/ five week session



WINTER VACATION CARNIVAL

Join **Jenn**, our arts and crafts extraordinaire and the Park and Recreation staff to make lots of fun and unique snowy crafts and play cool games such as snow balloon stomp, snowball toss, snow golf and more!! Come for just one, or both days— each will be a different winter adventure!

Age: 5 to 10 year olds (Birth Certificate Required for ALL 5 year olds)
Sessions: Wednesday, February 20
AND / OR
 Thursday, February 21
Time: 9:00am—12:00pm
Location: Mitchell School Cafeteria and Gym
Limit/ Ratio: 40 participants (minimum of 15) : 5 instructors
On Reg. Form: List *Indoor Winter Carnival* AND Session/ Day(s)
FEE: \$25/ one day event
 \$50/ two day event



Sign up for one or both of our LEGO themed workshops!! Lunch time supervision is available for participants that register for the full LEGO Day!

The LEGOs stay with us, but your memory will last a lifetime! Each child will go home with a framed photo of themselves and their LEGO creations!!!

Part 1: LEGO NINJAGO

Explore the world of Ninjago! Join the team from **Event-FULL!** and create a LEGO world of defending the good! Create your own Ninjago story and battle the toughest LEGO warriors to help make the world a better place!

Age: 5 to 10 year olds (Birth Certificate Required for ALL 5 year olds)
Session: Friday, February 22
Time: 9:00am—12 Noon
Location: Mitchell School Cafeteria and Gym
Limit/ Ratio: 20 participants (minimum of 6) for a ratio of 10 : 1
On Reg. Form: List *LEGO Ninjago*
FEE: \$50/ session



Part 2: LEGO AVENGERS

The LEGO Avengers are coming to Needham! Join the team from **Event-FULL!** and check out the super new, super cool Super Hero Mini-Figures!! Iron Man, The Hulk, and Captain America, combined with your imagination will set the stage for an action-packed super hero adventure!

Age: 5 to 10 year olds (Birth Certificate Required for ALL 5 year olds)
Session: Friday, February 22
Time: 12:30—3:30pm
Location: Mitchell School Cafeteria and Gym
Limit/ Ratio: 20 participants (minimum of 6) for a ratio of 10 : 1
On Reg. Form: List *LEGO Avengers*
FEE: \$50/ session



THUNDERCAT SPORTS JAM

The staff from **Thundercat Sports** will create a fun and non-competitive atmosphere through both common and unique games and activities including— but not limited to: basketball, soccer, floor hockey, dodgeball, ultimate football and safari, with a Tournament Day on Thursday!

Age: 5 to 11 year olds (Birth Certificate Required for ALL 5 year olds)
Session: Tuesday, February 19 — Thursday, February 21
Times: HALF DAY / 9:00am—12:00pm
OR
 FULL DAY / 9:00am—3:00pm
Location: Broadmeadow School Gym and Cafeteria
Limit/ Ratio: 30 participants (minimum 12) : 3 instructors
On Reg. Form: List *Thundercat Sports Jam* AND Half Day OR Full Day
FEE: \$120/ Half Day/ three day session
 \$155/ Full Day/ three day session



CROSS COUNTRY SKI LESSONS

Weston Ski Center instructors teach you how to maximize efficiency and safety by learning proper technique and obtaining the skills necessary to be in control while cross-country skiing. This program is fun for both beginners and those who have had some experience!

Age: 6 to 10 year olds
Session 1: Mondays, January 7—February 11
 3:45—4:45pm
Session 2: Tuesday, February 19 — Thursday, February 21
 12:30—1:30pm
Location: Weston Ski Touring Center, Weston
Limit/ Ratio: 6 participants: 1 instructor
On Reg. Form: List *Cross Country Ski Lessons* AND Session(s)
FEE: \$100/ five week/ Session 1
 \$65/ three day/ Session 2

Optional Rental—Paid At and To the Weston Ski Center: \$40/ Session 1
 \$24/ Session 2



BASKETBALL CLINIC

In this annual clinic sportsmanship, teamwork, and fun are emphasized while developing your skills on the court. Dribbling, passing, shooting, and defensive skills will all be emphasized with daily scrimmages to apply what you've learned!

Age: 8 to 14 year olds
Session: Tuesday, February 19 — Thursday, February 21
Time: 9:30am—12:30pm
Location: Pollard Middle School Gym
Limit/ Ratio: 30 participants (minimum 15) : 4 instructors
On Reg. Form: List *Basketball Clinic*
FEE: \$75/ three day session



ADULT TENNIS LESSONS

Please read the information below carefully and choose the class level that suits your ability best!

Beginner level is for those without any prior tennis playing experience.

Advanced Beginner is for those with some experience who understand the basics but want to improve their tennis game.

Intermediate is designed for those who are able to execute all strokes, including serve, with some consistency. The focus will be on improving serve, court coverage and match play.

Age: 17 years old and up

INDOOR Adult Tennis Lessons

Session A: January 8—February 5

Session B: February 26—March 26

Day: Tuesdays

Levels/ Times: *Beginner* 6:00—7:00pm

Advanced Beginner 7:00—8:00pm

Intermediate 8:00—9:00pm

Location: Pollard Middle School Gym

Limit/ Ratio: 5 participants/ session (minimum of 3) : 1 instructor

OUTDOOR Adult Tennis Lessons

Session C: May 7—June 4

Day: Tuesdays

Levels/ Times: *Beginner* 9:00—10:00am

Advanced Beginner 10:00—11:00am

Advanced Beginner 11:00am—12:00pm

Location: Mills Field Tennis Courts

Limit/ Ratio: 5 participants/ session (minimum of 3) : 1 instructor

On Reg. Form: List Adult Tennis Lessons, SESSION(S) **AND** Time(s)

FEE: \$75/ five week session



ADULT GOLF LESSONS

Let this be the fall you learn the game of golf or work on improving your game! PGA instructor welcomes both beginners and advanced players.

Age: 17 years old and up

Sessions: Tuesdays, April 30—May 28

Wednesdays, May 1—May 29

Levels/ Times: *Beginner Level* 5:30—6:30pm

Intermediate Level 6:30—7:30pm

Location: Needham Golf Club

Limit/ Ratio: 7 participants (minimum of 4) : 1 instructor

On Reg. Form: List Adult Golf Lessons, Day **AND** Time

FEE: \$110/ five week session



SENIOR GOLF LEAGUE

**** Registration for Needham Residents only. ****

This fun, competitive league is for men and women, age 50 and older and is held at the Needham Golf Club on Tuesday mornings. **Previous experience is necessary with a 9 hole score of 72 or less.** After eight weeks of play, additional rounds can be purchased for \$21 per round payable at the Park and Recreation office.

Age: 50 years old and up

Day: Tuesdays Mornings

Times: First group tees off at 9:00am

Last group tees off by 10:30am

Session: April 30—July 16

Location: Needham Golf Club

Limit: 64 participants; unlimited number of substitutes

On Reg. Form: List Senior Golf **AND** Average score for 9 holes

FEE: \$188/ registration & green's fees for 8 rounds

\$21/ day after eight rounds have been played



Unable to commit to playing each week? Sign up as a substitute!
Substitute list taken at Park and Recreation office prior to the start of the season.

SENIOR INDOOR WALKING CLUB

Keep in shape during the colder months of the year by getting your exercise indoors. Go all three days, every week or whenever it fits your schedule!

A coordinator is on site to do warm-up exercises and oversee the program. Directions to the location will be sent upon registration.

Age: 50 years old and up

Days: Tuesdays, Wednesdays **AND/ OR** Thursdays

Time: 3:00—4:00pm

Session: **NOW** (Began in Fall 2012)—April 25, 2013

Location: Needham High School

On Reg. Form: List Senior Walking Club

FEE: \$30/ season



SENIOR BILLIARDS LEAGUE

For men and women; beginner, intermediate and advanced players who have had some previous billiards experience.

Players will be sent a schedule of players and times upon registration.

Age: 50 years old and up

Day/ Time: Monday—Friday (at designated times, with flexibility)

Session: **Week of January 7—Mid-May**

Location: Stephen Palmer Senior Center

Limit: 20 participants

On Reg. Form: List Senior Billiards

FEE: \$25/ season



SENIOR YOGA

A one hour class of gentle stretching and relaxation during which traditional Hatha yoga postures will be used and tailored for the senior population. Emphasis will be on increasing flexibility, balance and strength with some quiet meditation and relaxation. Students will need to bring a mat (or towel) and be prepared to be on the floor. **You may sign up for Winter and Spring sessions at the same time!**

Age: 50 years old and up
 Day: Mondays
 Time: 10:00—10:50am
 Sessions: **WINTER: January 7—March 25**
SPRING: April 1—May 20 * (seven week session)
 Location: Needham Public Library Community Room
 Limit/ Ratio: 25 participants (minimum of 10) : 1 instructor
 On Reg Form: List Senior Yoga **AND** Winter **OR** Spring Session
 FEE: \$25/ nine week session
 *\$20/ seven week session (Spring ONLY)



SENIOR EXERCISE

Three different days...three different classes...three different teachers...all with one goal: to help men and women, ages 50 and older, stay fit in an enjoyable, social setting! Detailed descriptions listed below—Register for one, two and/ or three days of classes. **You may sign up for Winter AND Spring sessions at the same time!**

Age: 50 years old and up
 Sessions: **MONDAY 9:00—10:00am**
 Judi will focus on improving cardiovascular efficiency, muscle strength and endurance, all while having some fun and sharing some smiles!
WINTER: January 7—March 25
SPRING: April 1—May 20* (seven week session)



WEDNESDAY 9:15—10:15am
 Adele leads a low-impact aerobics class, including stretching and use of free weights. Emphasis on cardiovascular fitness and endurance, maintaining range of motion, and injury prevention!
WINTER: January 2—March 6
SPRING: March 20—May 22

FRIDAY 10:30—11:30am
 Arlene shares toning, stretching, strengthening and abdominal exercises that will benefit you from head to toe!
WINTER: January 4—March 22
SPRING: April 5—June 14



Locations: **MONDAYS:** Needham Public Library Community Room
WEDNESDAYS & FRIDAYS: Stephen Palmer Senior Center
 Limit/ Ratio: 20 participants/ session (minimum of 10) : 1 instructor
 On Reg Form: List Senior Exercise, Day(s) **AND** Winter **OR** Spring Session
 FEE: \$25/ nine week session
 *\$20/ seven week session (Spring Mondays ONLY)

GENERAL INFORMATION

NEEDHAM SPORTS ORGANIZATIONS

ALL Youth Sports Organizations in Needham are non-profit, volunteer-run organizations providing sports playing opportunities for Needham youth.

For more detailed information on each program and program contact information, pick up a **2013 Needham Youth Sports Organization Brochure** at the Park and Recreation Office. (located on the first floor of the Public Services Administration Building (PSAB) at 500 Dedham Avenue.)

OR

visit our website at www.needhamma.gov/parkandrecreation, and select "Sports Contacts" from the left hand side of the page to find an alphabetical listing of all available youth sports, individual sports organizations, websites with registration information, contact names, phone numbers and e-mail addresses!!



PUBLICATIONS/ INFORMATION

(also available, free of charge, on town website)

- ♦ B & W Town-wide Maps and Trail Information FREE
- ♦ Color Town-wide Maps and Trail Information \$2.00 each
- ♦ Needham Canoe Launch Site Maps FREE

HOW TO RESERVE A FIELD OR PLAYGROUND/ TOT-LOT

Call or stop by the office. If the date chosen is available, a permit will be given, which must be signed. A fee is charged for some field uses. Individuals may use the tot-lots at all times, but large groups should reserve space to avoid conflicts with other groups. Bathrooms are available at DeFazio.

Please Note: School playgrounds not available during school hours.

Broadmeadow - Broadmeadow Rd.	Claxton - Central Ave.	Cricket - Hillside Ave.
DeFazio - Dedham Ave.	Greene's - Pickering St.	Eliot - Wellesley Ave. Ext.
Hillside - Glen Gary Rd.	Mills - Hampton Ave.	Mitchell - Brookline St.
Newman - Central Ave.	Perry - Beaufort Ave.	Riverside - Riverside St.

SPORTS KIT RENTAL

Two Sports Kits are available for resident use from the Park & Recreation Office.

PLEASE CALL THE OFFICE, IN ADVANCE, TO RESERVE A SPORTS KIT!

Sports Kits can include: volleyball, badminton, croquet, bocce, horseshoes or whiffle ball, kickball's, jump ropes, bases, playground cones and Frisbees. Items can be rented on an individual basis, with the entire kit costing no more than \$20.

LOST AND FOUND

Please call the Park & Recreation Office at (781) 455 - 7550, press 3 if you've lost an article at a Park & Recreation park. Found items should be dropped off at the Park & Recreation Office at 500 Dedham Avenue.